



GRAHAM HOUSE COMMUNITY CENTRE

in collaboration with South Burnett Regional Council's Healthy Communities Initiative and RHealth invites you to participate in

The Community Kitchen

WHERE: **Graham House**
27 Taylor St East
Murgon

WHEN: **Every Monday**
Commencing 24th
October, 2011
10am-12 midday

CONTACT: Rosemary or
Dolly at GHCC

PHONE: 4168 2828

FREE for the first 12 people
to sign up—so don't delay!

This National Partnership Agreement on
Preventive Health initiative is funded by
the Australian Government

What is The Community Kitchen?

The Community Kitchen is a program designed to increase confidence and skills in cooking and preparing delicious healthy meals. Basic information such as budgeting, creating shopping lists, food hygiene and food storage and preparation techniques will be addressed.

Most importantly Community Kitchens are a great social occasion for community members, as the group is driven by its members. Members can decide on the recipes, what they would like to learn and at the end of each session, sit down and share a meal.